

# ECO-ANXIETY

## Workshop#1 Love your Planet



This workshop is to explore the concept of Ecoanxiety. What it is, where it comes from and provide some tools for coping mechanisms. Moving students from fear to action

### Aim

- Give students a platform to explore eco-anxiety world café style
- To create a 'toolbox' of coping mechanisms
- Create a creative campaign

### Materials

Printed workshop sheets  
Pens  
Paper

### Learning Objectives

Think critically about wellbeing and the environment

### Curriculum Links

SPHE  
CSPE  
Art

### Time

1hr

### Warm Up activity (5 mins)

Ice breaker

### Introduction Ecoanxiety (10 mins)

Power point Presentation (slides 1-10) introducing eco-anxiety and the workshop

*Why world café style?  
The informal café style with small group discussions creates a more relaxing atmosphere to explore issues..*



### Workshop (40 mins)

- Work in groups of four or smaller
- Organise the room so groups can sit around the table (can also be done outside or virtually in a breakout room)
- Give each table a sheet of paper and set of markers and person a 'Love your planet' worksheet
- Start the discussion and encourage each group to write or illustrate **ONE** section *Love/worries/solutions*
- Allow the group 10 mins and then nominate one host to stay on the table and the rest to move on to the next table/subject. (3 x 10mins)
- Discuss all three categories and collect answers on a sheet/ flipchart /whiteboard/illustrate

### Introduce the 'TOOLBOX' of solutions

***Different methods of dealing with anxieties and supporting your own health (mental and physical).***

**Positive stress;** Write letters/ debate/ protest/ Create/ Educate

**Find your Tribe;** Schoolmates/ Friends/ Clubs/ Online

**Model Gratitude;** Count all the POSITIVE things right now!

**Eat the Alphabet;** Support yourself with healthy eating. Don't like greens? Have a smoothie....

**Exercise;** Regular exercise helps stress levels

**Connect with Outdoors;** Walk/Cycle/ Nature bathing. Get outdoors and connect with nature. Nature based solutions help reduce anxiety



# ECO-ANXIETY

Workshop#1 Love your Planet



LOVE

- 1
- 2
- 3

WORRIES

- 1
- 2
- 3

SOLUTIONS

- 1
- 2
- 3



**TOOLBOX;**  
Ways to make myself feel better.....





# ECO-ANXIETY

## Workshop#2 Fear to Action



This workshop aims to use the tools and build on concepts from workshop one, moving students from FEAR to ACTION. Using art to communicate and explore feelings around complex global issues and empower students.

### Aim

- Creative campaign following workshop #1
- Design and implement a creative project to highlight awareness of global issues

### Curriculum Links

SPHE  
CSPE  
Art

### Learning Objectives

Creative exploration of wellbeing and the environment

## Design A Campaign

Using the worksheet from the ecoanxiety session sketch/doodle/write ideas for YOUR piece of artwork.

- Explore which issues you would like to include
- Is this a personal or communal project?

Sample Ideas;

- Creating a sculpture/ picture from recycled materials
- Design a graphic novel
- Make some street art
- Use 'rastabator' to make a paste up image

